

CURRICULUM VITAE

PERSONAL INFORMATION

Name: **Qurat-ul-Ain**

Father's Name: **Khalid Mehmood**

Permanent Address: **House No 151 B, Eden Valley, Canal Road, Faisalabad- Pakistan**

Present Address: **Lecturer, Institute of Home Sciences , University of Agriculture, Faisalabad-Pakistan.**

District of Domicile: **Faisalabad.**

Date of Birth: **31 Jan, 1982**

Gender: **Female**

Marital Status: **Married**

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ACADEMIC QUALIFICATION

Sr. No	Examination	Year	Board/ University	Marks/ CGPA	Division
1	M.Sc. (Hons.) Human Development Family Studies	2017	Univ. of Agriculture, Faisalabad	3.73	—
2	M.Sc. Home Economics (Human Development and Family Studies)	2005	University of Punjab, Lahore.	516/900	1 st
3	B.Sc Home Economics	2002	University of Punjab, Lahore.	1642/2900	2 nd
4	Matric (Science)	1998	B. I .S .E Faisalabad	644	1 st

PROFESSIONAL EXPERIENCE

- Working as a Lecturer of Human Development and Family Studies, Institute of Home Sciences , University of Agriculture, Faisalabad from 11th August, 2008 up to date.
- As a Visiting Faculty Member at IBMS , teaching Human Psychology to BBA students at University of Agriculture, Faisalabad.

- Worked as a Facilitator for the British Council in “Active Citizenship and Community Engagement Program from 1st February, 2016 to 25th May, 2017.
- Teaching at School Level as Early Childhood Teacher from 2002-2004 and from 2006-2008.

ADMINISTRATION

- Incharge Day Care Center, University of Agriculture, Faisalabad.(2017)
- Montessori Co-ordinator at “The City School” Faisalabad.(2006-2008).

ACADEMIC ACHIEVEMENTS

Got 7.0 band in International English Language Testing System(IELTS) on 22nd October, 2011.

RESEARCH WORK COMPLETED

M.Sc. Research Work

- Social Development of Children Having Single Parents.

M.SC(Hons.) Thesis

- Effect of Glass Ceiling on Turn Over Intention. A Case Study of Banking Sector of Faisalabad.

NEWSPAPER ARTICLES

- Pollution and Public Health , Commercial News , September, 2025
- Effects of Constant Digital Connectivity on Mental Well-being, Lyallpur News, September, 2025.
- Use of Indoor Plants for stress Management, Singram News, August, 2023.
- Impact of Jasmine and Lavendar Scented Candles on Sleep Quality among Middle Adulthoods, Zarb- e-E-Ahan, November, 2024.

Publications

- An Organic Approach to stress Recovery among Middle-Aged working Females with Indoor Plants, published in CJSSR, Vol 3, Issue 1 ,2025.
- Women’s Self and Society: A Sociological Review For Equality and Empowerment, published in POSS, Vol 3, Issue 1, January-June 2023.

- Examining the Influence of Authoritarian Parenting on Peer Behavior and Decision-Making Skills in Adolescents: A Study in Faisalabad, Pakistan, published in ISOSS, Vil 9, Issue 2, 2023

EXTERNAL EXAMINER/ OUTREACH ACTIVITIES

- Undergraduate examination of Home Economics at Nusrat Jahan College, Chiniot, (2016).
- Undergraduate examination of Home Economics at Govt. College for Women, Jaranwala,(2016).
- Organized a two month outreach activity titled “Civic Education” from 2nd Nov-30th Dec,2016 in the servant quarters of Bilal and Lalazar Colony of UAF.
- Organized an outreach training course under umbrella project titled ‘Child Care’ from 4th -10th August,2010 at Dijkot.
- Organized a two month outreach training course titled “Child Development and Parental Guidance” in Dec-Jan ,2014-2015 at Dasuha.

TRAINING/WORKSHOP/CONFERENCE/SEMINARS

- Conducted Seminar on “No Child Stands Alone: Inclusive Pakistan With Special Needs” held on 23rd October, 2025 at UAF.
- Conducted Seminar on “Raising Parents”, held on 30th June, 2025 at UAF.
- Organized one day Workshop on “ Sustainability in Nutrition Entrepreneurship : How young Women are Leading the Way, 30th July, 2024.
- Attended a workshop on “**An Introduction to Latex, UAF Synopsis and Thesis**” held on 26th – 28th July, 2017 at University of Agriculture, Faisalabad.
- Attended an International Conference on “**Foods of Animal Origin**” held on 30th -31st July, 2017 at University of Agriculture, Faisalabad.
- Organization and participation in an International Conference” **Food and Nutrition, Sustainable Approaches to Combat Malnutrition**” on 3rd-4th April, 2017.
- Workshop on “**Hands-on Training of Turnitin**” on 19th March, 2016 at UAF.
- Workshop on “**Comprehensive Psychiatric Assessment**” on 17th-18th February, 2016 at DHQ, Faisalabad.
- Attended a seminar on “**Gender Sensitization and Women Empowerment in Agriculture Sector**” held on 17th December, 2015 at University of Agriculture, Faisalabad.
- Participated in “**Active Citizens Training of Facilitators**” from 7th- 11th September, 2015 in collaboration with BRITISH COUNCIL.
- Organized and Participated in **World Space Week** on, 4th-10th October 2017, September 2016, October 2015, 11th -13th November 2014 held at University of Agriculture, Faisalabad in collaboration with SUPARCO.
- Participated in “**Food Festival, International Symposium on Technological and Nutritional Aspects of Value Added Dairy Products**” held on 12th-14th November, 2014 at University of Agriculture, Faisalabad.

- Participated in Awareness Campaign of **Anti- Corruption**, on 9th October, 2014, held at University of Agriculture, Faisalabad.
- Participated as a member of organized team in a two day workshop on **Hand-loom Weaving & Off-loom Weaving** held on 29th-30th Oct, 2014 organized by Institute of Rural Home Economics, UAF.
- Attended a workshop on **Developing Industry Driven Technologies** on 27th September, 2014 held at University of Agriculture, Faisalabad in collaboration with PASTIC and IRP.
- Attended **INDIGENOUS ON-CAMPUS TRAINING (IOT) UNDER MODERN UNIVERSITY GOVERNANCE PROGRAM** held on **August 25th – 29th, 2014**. organized by Office of Research, Innovations and Commercialization (ORIC) in collaboration with Higher Education Commission at University of Agriculture, Faisalabad.
- Attended the International Conference on **Nutritional Therapies against Lifestyle related Disorders** held on 29th -30th May, 2014 organized by National Institute of Food Science and Technology, University of Agriculture, Faisalabad.
- Attended a Training Workshop on **Communication Skills** on June 24, 2014, by Career Development Center at University of Agriculture, Faisalabad.
- Attended a Two Day Workshop on **Lead to Success** from 7th -8th March, 2014 at University of Agriculture, Faisalabad.
- Organized a Two Day Workshop on **Neuro-Linguistic Programmes**, on 18th- 19th April, 2013, at College of Home Economics, Lahore.
- Attended a workshop on **Building Peace and Conflict Resolution** on 23rd January, 2013.
- Attended Two Days Workshop on **Rehabilitation and Guidance of Special Children (Inclusive Education)** held on 11-12th March 2011, organized by Department of Rural Home Economics, University of Agriculture, Faisalabad.
- Participated in a Professional Development Training on **Incorporating Technology in Education** from 25th February – 10th March, 2011, by HEC, held at University of Agriculture, Faisalabad.
- Participated in **First Child And Family Conference “Family Stressors and Solutions”** on 21st -22nd October, 2010 at College of Home Economics, Lahore.
- Participated in Training of Professional Development on **Professional Competency Enhancement Program for Teachers** from July 15th – August 11th, 2009, by HEC, held at University of Agriculture, Faisalabad.

- Attended **First International Conference of Home Economics**, on 14th -16th March, 2005 at College of Home Economics, Lahore.
- Participated in a training Programme in **Workplace Communication Skill and Issues** from 08th -29th January, 2002 by The British Council, Lahore.

CO- CURRICULAR ACTIVITIES

- Participated in News Education Expo held on 30th -31st May, 2015 at PC, Lahore.
- Participated in Horse and Cattle show held on 4th – 8th March, 2015 in Lahore.
- Participated in Pak-China Agri Chemical Expo held on 5th -6th August, 2014 at Expo Center, Lahore.
- Participated in Education Expo held on 1st June, 2014 at Royalton, Faisalabad.
- Participated in Dawn Agri Expo held on 13th -14th March, 2014 at Expo Center, Lahore.
- Participated in the activities of **WORLD'S WOMEN DAY** (8th March, 2014) as a member of Management Team organized by University of Agriculture, Faisalabad.
- Participated as an organizer in **PAKISTAN DAY CELEBRATIONS** held at University of Agriculture Faisalabad on March 23rd 2012.
- Participated as an organizer in the **JOB FAIR** held at University of Agriculture, Faisalabad on March 14, 2011.
- Participated in **FASHION SHOW** held on March 19, 2011.
- Participated as an organizer in **PAKISTAN DAY CELEBRATIONS** held at University of Agriculture Faisalabad on March 23rd 2010.